

2008 Georgia Data Summary:

OBESITY IN CHILDREN AND YOUTH



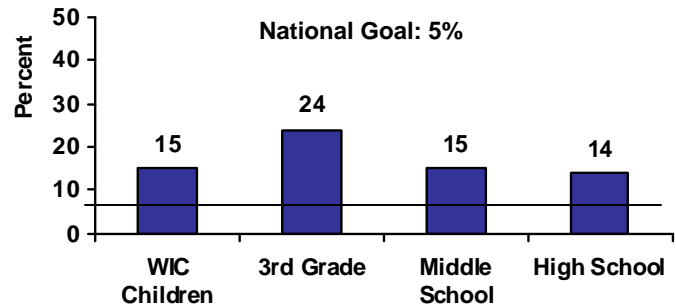
Obese children are more likely to become obese adults.

Obesity in children and youth is a significant public health problem in Georgia

Percentages of obese* children and youth in Georgia

- **15,000 (15%)** children aged 2-4 years in the Women, Infant, and Children (WIC)[†] program are obese.
- **28,000 (24%)** third grade children[‡] are obese.
- **43,000 (15%)** middle school students[#] are obese.
- **62,000 (14%)** high school students[#] are obese.
- The percentages of obese children and youth in Georgia do not meet the Healthy People 2010 national goal (5%) regardless of age, sex, race, or ethnicity.

Percent of children and youth who are obese in Georgia



Poor diet and physical inactivity are reasons for the rise in childhood obesity.

- Only about **5 in 9 (55%)** middle school students and **4 in 9 (44%)** high school students in Georgia meet the CDC requirements for recommended physical activity.
- Over **2 in 5** of Georgia's middle school students (**44%**) and high school students (**43%**) watch TV for 3 or more hours on a school day.
- Only **1 in 5 (19%)** high school students in Georgia consumes 5 or more servings of fruits and vegetables daily.

Environments and policies influence health behavior in children.

- Schools can encourage healthful lifestyles in students by adopting policies, environmental features, and providing programs supporting healthful diets and regular physical activity.
- Communities can promote healthful lifestyles in children by creating safe and supportive environments for healthful diets and physical activity.

Hospital costs due to obesity-related diseases in children are rising rapidly.

- Hospital costs due to obesity-related diseases in children increased from \$35 million during 1979-1981 to \$127 million during 1997-1999 nationwide**.

Obese children are at increased risk for other medical conditions.

- Obese children are at increased risk for:
 - Hypertension
 - Diabetes
 - Asthma
 - Decreased well being (low self-esteem)
 - Sleep apnea

Definition of obesity: *Body Mass Index-for-age = 95th percentile or higher

Data sources: † 2006 Pediatric Nutrition Surveillance System ‡ 2005 Georgia Oral Health Screening # 2007 Georgia Student Health Survey

** Koplan, J.P., Liverman, C.T., Kraak, V.I. (Eds.). (2005) Preventing Childhood Obesity. Health in the Balance. Washington, D.C.: The National Academies Press.

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2008 Georgia Data Summary:

OBESITY IN ADULTS

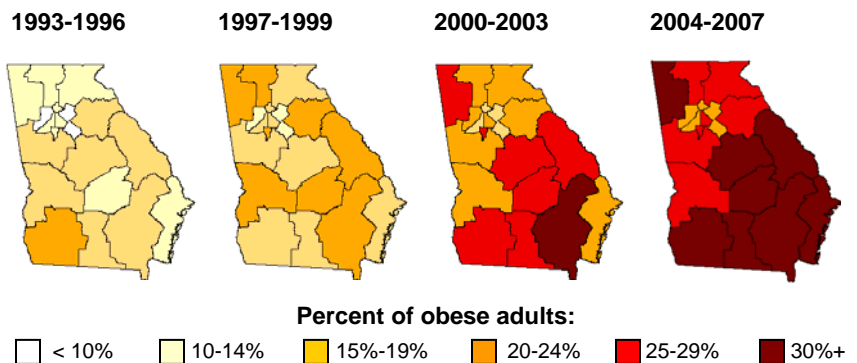


Obesity increases the risk of developing cardiovascular disease, diabetes, stroke, hypertension, gall bladder disease, osteoarthritis, and some cancers.

The percentage of obese adults is rising rapidly in Georgia.

Geographic trends in obesity*

- The percentage of obese adults has increased rapidly in all regions of the state.
- **1.9 million (29%)** adult Georgians[†] are obese.
- The percentage of obese adults in Georgia does not meet the Healthy People 2010 national goal (15%) regardless of age, sex, race, ethnicity, income, or education level.[‡]



Poor diet and physical inactivity have contributed to the rise in obesity.

- Only **1 in 2 (48%)** adults in Georgia[†] are regularly active.
- Only **1 in 4 (25%)** adults in Georgia[†] consumes 5 or more servings of fruits and vegetables daily.

Environments and policies influence health behaviors in adults.

- Adults are more likely to be regularly active if they have a safe and convenient place to walk.[‡]
- More environmental features and organizational policies are needed in communities, worksites, and health care settings to promote healthful eating and regular physical activity.

Obesity costs Georgia an estimated \$2.1 billion every year.

- The annual cost of obesity in Georgia is estimated at **\$2.1 billion** (\$250 per Georgian each year), which includes direct health care costs and lost productivity from disease, disability, and death (indirect costs).
- The estimated average hospital length of stay for obese individuals is 85% longer than for normal-weight individuals nationwide.

Obese adults are at increased risk for other medical conditions.

Obese adults are at increased risk for:

- | | |
|--------------------------|------------------------|
| - Cardiovascular disease | - Gall bladder disease |
| - Diabetes | - Osteoarthritis |
| - Stroke | - Some cancer |
| - Hypertension | |

Definition of obesity: *Body Mass Index = 30.0 or more

Data Source: † 2007 Georgia Behavioral Risk Factor Surveillance System

‡ 2001 Georgia Behavioral Risk Factor Surveillance System

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Visit <http://www.health.state.ga.us/nutandpa/data.asp> for more information on the prevalence of obesity in Georgia.